

# Chicken and Rice Casserole

**Makes:** 4 Servings

Use canned chicken, condensed soup, and rice to make a delicious casserole.

## Ingredients

- 1 cup** canned chicken (drained)
- 1 can** condensed vegetable soup (about 10 ounces)
- 3/4 cup** white rice (uncooked)
- 1 1/4 cups** water
- 1 teaspoon** garlic powder
- 1/2 teaspoon** black pepper

## Directions

1. Preheat oven to 375 degrees F.
2. Combine all ingredients in a 9x9-inch baking dish.
3. Cover with a lid or aluminum foil and bake 20 minutes or until rice is cooked evenly.

**Source:** Recipe adapted from Food.com

Nutrition Information	
Nutrients	Amount
<b>Calories</b>	<b>280</b>
Total Fat	5 g
Saturated Fat	2 g
Cholesterol	35 mg
Sodium	400 mg
Total Carbohydrate	43 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
<b>Protein</b>	<b>16 g</b>
Vitamin D	N/A
Calcium	23 mg
Iron	3 mg
Potassium	N/A
N/A - data is not available	